

# Encouraging Physical Activity in Children



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# Benefits of Physical Activity



- Improved motor skill development
- Improved bone health
- Decreased risk for obesity, cardiovascular disease
- Socialization
- Mental health benefits
- Improved learning

# Guidelines for Physical Activity

## Infants

Should interact with parents in daily activities dedicated to promoting exploration

## Toddlers

60 minutes daily play + structured Physical activity



## Children and Adolescents

Physically active at least 60 minutes daily

# Who gets enough physical activity?

- Boys are more active than girls
- 42% of children aged 6-11 obtain recommended 60 minutes PA per day
- Physical activity declines with age
- 7.6% of teens 16-19 met standards
- No relationship to obesity, TV watching in young children
- Kids with asthma less active



# Determining Physical Activity Levels at School

## Fitnessgram

Testing by all schools at grades 5,7,9

- Aerobic Capacity
- Abdominal Strength and Endurance
- Upper Body strength and endurance
- Body Composition
- Trunk Extensor Strength and Endurance



## Results for Contra Costa 2008-09:

- 5/6 Fitness criteria:
  - Grade 5 – 59%,
  - 7 -63%, 9 – 70%

# Determining Physical Activity Levels in the Provider Visit

What does your child like to do?

How often do you play with her?

Where does she like to play?

How often does she get a chance to run?

Is your child attending a child care or preschool program?

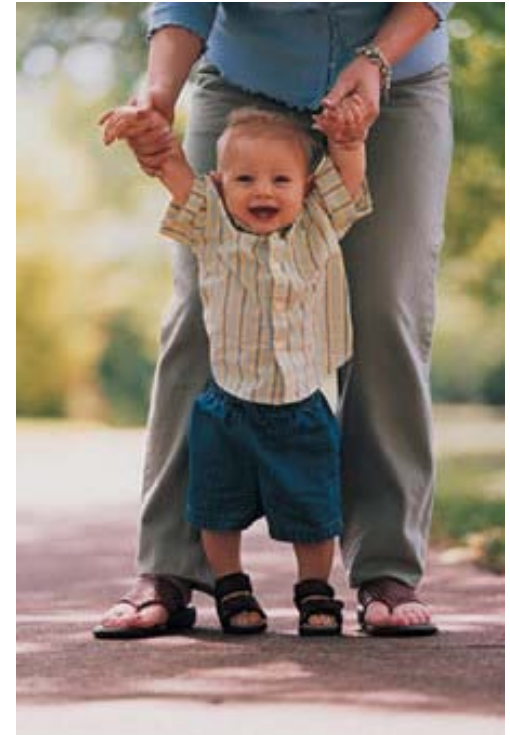
How many minutes a day does your child spend outside?

Do you have a park or a place nearby for to play?

Do you have a bike or a scooter?

Do you like to do any sports or after school activities?

Do you walk to or from school?



# Where do kids play?

## Parks

- Access to open spaces, parks and play spaces correlates with levels of physical activity
- Programming, staffing and outreach most important determinants of park use
- Other considerations: safety, availability of toilets and water, lighting, playground space and equipment



For Child Care  
Centers



For  
Policymakers

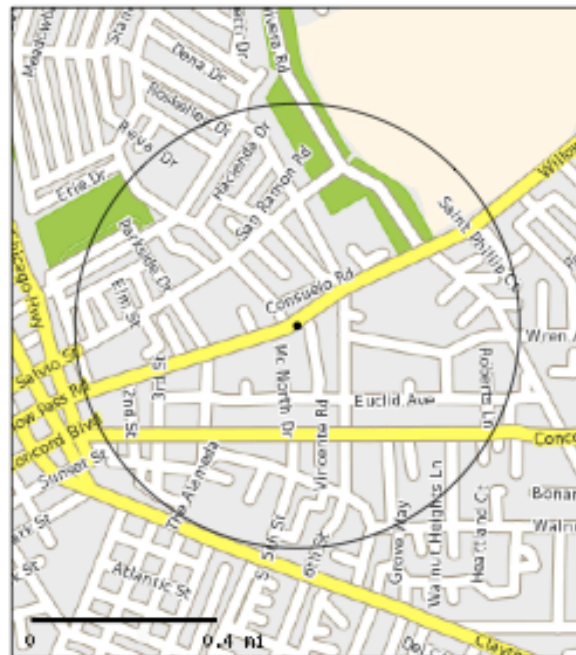


# Access to Parks

## California State Parks Community FactFinder Report

This is your Community FactFinder report for the project you have defined. Please refer to your Project ID in any future communications about this project.

Project ID:	<b>6237</b>
Date created:	<b>February 13, 2010</b>
County:	<b>Contra Costa</b>
City:	<b>Concord</b>
Coordinates:	<b>37.980489, -122.021188</b>
Total Population:	<b>4,888</b>
Median Household Income:	<b>\$65,835</b>
Number of people below poverty line:	<b>241</b>
Park acreage:	<b>31.46</b>
Park acres per 1,000 population:	<b>6.44</b>



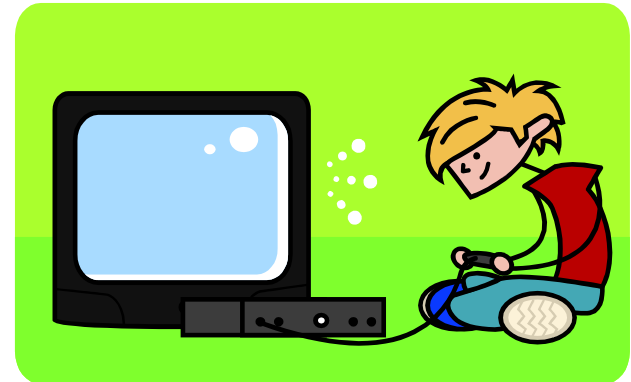
**A significant association exists between race, ethnicity, socioeconomic status and access to physical activity settings**



# Where do kids play?

## Home

- Influences on amount of play in home:
  - Gender and ethnicity
  - Indoor rules for household
  - Outdoor rules
  - Convenience of play spaces
  - Time and frequency in play spaces
  - Prompts by siblings



# Where do kids play?

## Child Care and Preschool programs

- More than ½ of all 3-6 year olds are enrolled in center-based child care
- Space, programs and outdoor time at child care centers and preschools very predictive of physical activity levels
- Specific preschool attended correlates with physical activity

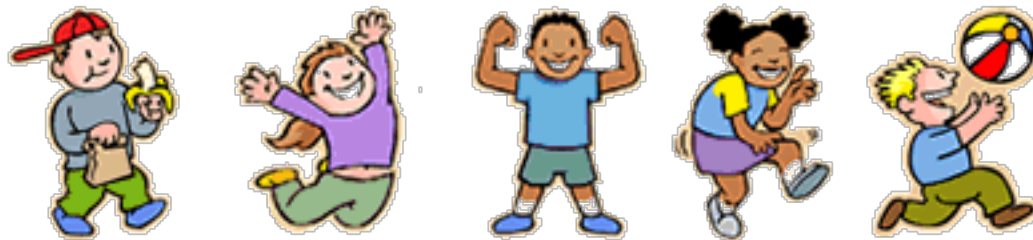


# Finding Quality Programs

## Child Care and Preschool programs

Questions to ask about Child Care/ Preschools:

- Amount of teacher-led and child-initiated play per day
- Presence of TV in classroom
- Staff training re: physical activity
- Presence of a written policy regarding play
- Availability of large, open outdoor spaces, play equipment and portable equipment (balls, jump ropes, etc.)



# Where do kids play?

## Schools and Afterschool programs

**Value of PE  
depends upon  
level of activity**



- California Ed Code requires:
  - Elementary: 200 minutes of physical education every ten school days
  - Grades 7-12: 400 minutes of physical education every ten school days

# Where do kids play?

## Schools and Afterschool programs

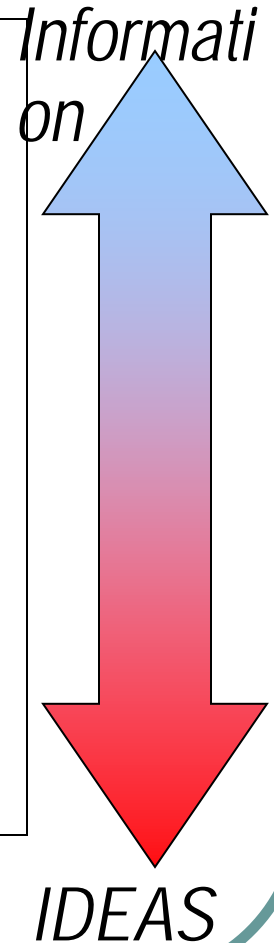
- Many school yards closed off hours
- NPLAN: Increased joint use agreements
- After School Education and Safety program/21<sup>st</sup> Century programs exist at most low income schools



# Stages of Change



- **Precontemplation** - Not thinking about change  
May be resigned, believes consequences are not serious
- **Contemplation** - Weighing benefits and costs of behavior
- **Preparation** - Experimenting with small changes
- **Action** - Taking a definitive action to change
- **Maintenance** - Maintaining new behavior over time



# Creating Change

## *Action*

### 5 As

Ask

Advise

Assess

Assist

Arrange

Set reasonable SMART goals





# Creating Change - Precontemplation

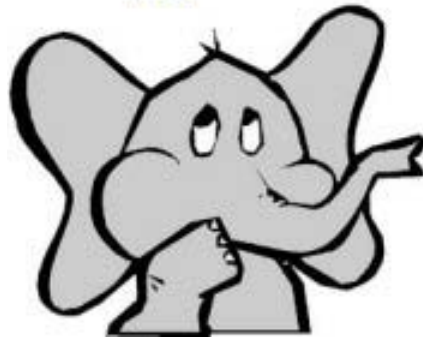
- Unaware of problem behavior or unwilling to consider changing it

Reluctance



Rationalization

Resignation



Rebellion

- Describe risk and concerns
- Educate family

# Creating Change

## *Contemplation*

### Motivational Interviewing

- Explore the risks and benefits of making changes
- Encourage change talk
- Point out contradictions
- Encourage incremental changes



**Negotiate!**

# Resources

## Make referrals, educate, offer community resources

- Contra Costa Child Care Council– [www.cocokids.org](http://www.cocokids.org)
- Headstart, State Preschool, First 5 Centers – [211ContraCosta.org](http://211ContraCosta.org)
- City Parks and Recreation Departments
- Local School Districts
- NEW Kids

